

Profiles in Muscle

Stephen Frazier

National-Level Bodybuilder and
Muscle Asylum Project Athlete

Compiled by Ron Harris

Profiles in Muscle

Full name: Stephen Ray Frazier

Nickname: Steve

Date of birth: August 4, 1979

Height: 6'1"

Off-season weight: 285

Contest weight: 250

Current residence: Grand Prairie, Texas

Years training: 10

Occupation: Owner, South Grand Prairie Fitness Center

Marital status: Married

Children: Son, Miles, 18 months

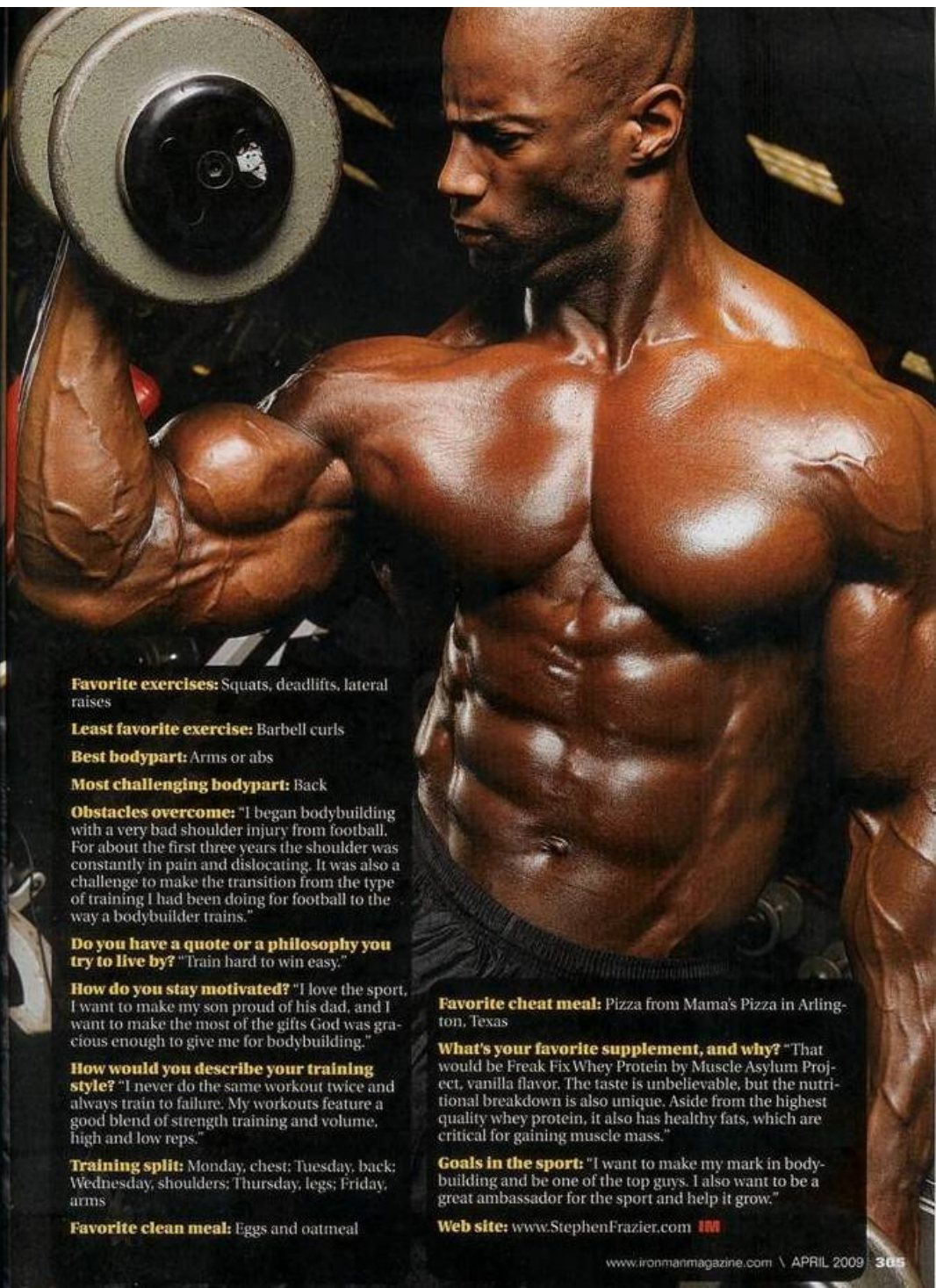
Hobbies: Movies, sports, reading, cooking

How did you get into bodybuilding? "I was playing football at Texas Tech and training at Metroflex Gym in Arlington. I had always thought I was too tall to become a bodybuilder, but owner Brian Dobson really encouraged me to go for it."

Who inspired you when you were starting out? "Lee Haney and later Victor Martinez—two of the greatest physiques ever and also two men who carry themselves like champions."

Top titles: '04 John Sherman Classic Overall champion; '07 NPC Nationals, superheavyweight, third

Favorite bodypart to train: Legs



Favorite exercises: Squats, deadlifts, lateral raises

Least favorite exercise: Barbell curls

Best bodypart: Arms or abs

Most challenging bodypart: Back

Obstacles overcome: "I began bodybuilding with a very bad shoulder injury from football. For about the first three years the shoulder was constantly in pain and dislocating. It was also a challenge to make the transition from the type of training I had been doing for football to the way a bodybuilder trains."

Do you have a quote or a philosophy you try to live by? "Train hard to win easy."

How do you stay motivated? "I love the sport. I want to make my son proud of his dad, and I want to make the most of the gifts God was gracious enough to give me for bodybuilding."

How would you describe your training style? "I never do the same workout twice and always train to failure. My workouts feature a good blend of strength training and volume, high and low reps."

Training split: Monday, chest; Tuesday, back; Wednesday, shoulders; Thursday, legs; Friday, arms

Favorite clean meal: Eggs and oatmeal

Favorite cheat meal: Pizza from Mama's Pizza in Arlington, Texas

What's your favorite supplement, and why? "That would be Freak Fix Whey Protein by Muscle Asylum Project, vanilla flavor. The taste is unbelievable, but the nutritional breakdown is also unique. Aside from the highest quality whey protein, it also has healthy fats, which are critical for gaining muscle mass."

Goals in the sport: "I want to make my mark in bodybuilding and be one of the top guys. I also want to be a great ambassador for the sport and help it grow."

Web site: www.StephenFrazier.com